

Morning Vitamin Drink

- 10 oz of water, rice, soy, or almond milk (almond milk has the lowest carbohydrates)
- 1 scoop of Greens First
- 1/2 cup frozen fruit (organic blueberries are best)
- 1 tsp of Vit C (2000mg)
- 1 capsule HMF Forte
- 1 Tbsp Carlson's Cod Liver Oil or Nutra Sea
- 1 scoop protein powder (Biopure, Ultra Protein Plus, Ultra Clear Plus)

Blend well and drink immediately. This will keep you going until lunch or can be used as a snack before a workout. This will also lower your daily total calories and may promote weight loss.